**Welcome to the Easter edition of the Glebe House Surgery Newsletter**

**Surgery news:**

The surgery will be closed for Easter from Friday 29 March – Monday 1 April. We will be open as normal on Tuesday 2 April.

Information about the surgery can be found on the surgery's website:

[www.glebehousesurgery@nhs.net](http://www.glebehousesurgery@nhs.net)

**Spring Covid boosters:**

We are in the final stages of planning for the spring covid booster campaign. We will contact all those patients that are eligible – please do not contact the surgery to ask about a covid booster. Those eligible will be:

* Residents in care homes
* Over 75 years old
* Immunosuppressed patients

It is World Immunisation Week 24 – 30 April

**Pharmacy news:**

Have you heard about Pharmacy First? This service will enable community pharmacists to complete episodes of care for patients without the need for the patient to visit their general practice. This, alongside expansions to the pharmacy blood pressure checking and contraception services, will save up to 10 million general practice team appointments a year and help patients access quicker and more convenient care, including the supply of appropriate medicines for minor illness.

Conditions that are covered are:

* Sinusitis (adults and children aged 12 years and over)
* Sore throat (adults and children aged 5 years and over)
* Earache (Children aged 1 year to 17 years)
* Infected insect bite (adults and children aged 1 year and over)
* Impetigo (adults and children aged 1 year and over)
* Shingles (adults aged 18 years and over)
* Urinary tract infection

Have you been experiencing any issues with your prescriptions? We are aware that there are some supply issues with some medications. Please inform us if you are having issues with your prescriptions. We will try and inform you of what we are doing to rectify the situation.

**Green issues:**

The NHS is going 'greener 'and we all have to play our part. Here at the surgery, we have taken some steps towards this:

* The new extension was built with greener issues in mind – you may have been sitting in a waiting room and the lights have gone off for example.
* Switching to Fairtrade tea and coffee.
* Switching to recycled paper for our printing.
* Reducing the amount of printing we do – you may have noticed we are sending out more text messages than before.
* Switching medications and asking you to recycle your diabetes pens for example.

We are always looking for new and interesting ways to try and go green. Do you have any ideas or suggestions you could share with us?

Please email any suggestions to: [hnyicb-ny.b82066ppg@nhs.net](mailto:hnyicb-ny.b82066ppg@nhs.net)

It is International Earth Day 22 April – check out the website <https://www.earthday.org/earth-day-2024/>

**Events in Bedale:**

* Dales Centre open Tuesday and Thursday 10.30am – 2pm - Everyone is welcome to go to the Dales Centre in Bedale and join them for fun, friendship and a reasonably priced wholesome meal!

If you would like to book a meal with Dales Centre, please get in on 01677 425806.

* Women's Group meet every Wednesday 1 – 3pm at Chantry Hall (call for further information 01609 780458).
* Hambleton Strollers meet Thursdays at 10.30am at Bedale Leisure Centre (for more information call 07514 240227).
* Care for a cuppa @Bedale 4th Monday of the month 1.30 – 4pm organised by Carers Plus Yorkshire (call for further information 01609 780872).
* The Way Forward third Thursday each month 10.30am – 12pm at The Courtyard Café (call for further information 01609 780458).

**Forthcoming health promotions:**

April is Stress awareness month (https://www.stress.org.uk/SAM2024/), Bowel cancer awareness month (www.bowelcanceruk.org.uk) and IBS awareness month (https://gutscharity.org.uk).

May is Stroke awareness month (www.stroke.org.uk), Skin Cancer awareness month (www.skincancer.org) and National walking month (www.livingstreets.org.uk).